DISTANCE LEARNING AMIDST COVID-19 PANDEMIC

by:

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The COVID-19 pandemic has been greatly affecting so many lives in different aspects. It is undeniable that this transmissible disease significantly altered the status of the education system. While most of the population are compelled to stay at home, the Department of Education is scrambling to adapt to the current situation in order to make teaching and learning still possible in the comfort of homes.

The Philippine education system came up with the idea of implementing distance learning approach through online and modular modalities. A lot of students did not want the idea of continuing education amidst pandemic because they used to go to school in their uniforms and study face to face with their classmates and teachers. In a study conducted by Fidalgo, Thormann, Kulyk, and Lencastre (2020), there were students who prefer not to engage themselves in Distance Learning due to the lack of motivation and experience in this kind of educational approach. But most students still persevere to continue education despite the challenges, to pursue their goals. A study of Fawaz and Samaha (2020) revealed that distance learning during the COVID-19 pandemic has contributed to development of stress, depression, and anxiety disorders among students. How do they deal with this?

Adaptation is essential to survive. Coping strategies are necessary to increase productivity despite the obstacles that the students are facing. The study of Kwaah and Essilfie (2017) showed that praying and meditation were significant in opposing the effect of stress brought by distance learning. It was also stated that students engaged themselves to some activities that would distract them to prevent development of anxiety.
These activities include watching movies, playing instruments, listening to music, browsing the internet, sleeping, and messaging people. Such activities imply that many students try to forget the burden of this pandemic, especially the quarantine, in order to make learning still possible for them.

The COVID-19 pandemic poses serious challenges on students, especially on the academic performance, but they are surely finding their ways to cope up. The end of this problem may seem to not be certain yet, but this too shall pass. Everyone should work on building a support system for one another to lift each other up. Just trust the Lord, do not lose hope, and everything will fall into its place.

References:

